

# Banana Bread Squares - USDA Recipe B50

Meal Components: Grains

B05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	14 1/2 oz	3 1/4 cups	1 lb 13 oz	1 qt 2 1/2 cups	<b>1.</b> Place flour, sugar, instant dry milk, baking powder, baking soda, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 3.
Sugar	8 1/2 oz	1 1/4 cup 1 Tbsp	1 lb 1 oz	2 1/2 cups 2 Tbsp	
Instant nonfat dry milk		1/8 cup	2 oz	1/4 cup	
baking powder		2 1/2 tsp		1 Tbsp 2 tsp	
Baking soda		1/2 tsp		1 tsp	
Ground nutmeg		1 tsp		2 tsp	
Salt		1/2 tsp		1 tsp	
Frozen whole eggs, thawed	3 1/2 oz	1/3 cup 1 Tbsp	7 oz	2/3 cup 2 Tbsp	<b>2.</b> Combine eggs, water, and vanilla in a large bowl. Stir well.
Water		2/3 cup		1 1/3 cups	

Vegetable shortening, trans fat-free	3 oz	1/2 cup	6 oz	1 cup	<b>3.</b> Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
*Fresh bananas, mashed	13 oz	1 1/2 cups	1 lb 10 oz	3 cups	<b>4.</b> Add mashed bananas. Add walnuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Batter will be lumpy. DO NOT OVERMIX.
(Optional) Chopped walnuts	3 oz	3/4 cup	6 oz	1 1/2 cups	<b>5.</b> Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.
(Optional) Sweetened coconut, shredded		1/2 cup	3 oz	1 cup	<b>6.</b> (Optional) Sprinkle coconut flakes on top of banana mixture before baking.  <b>7.</b> Bake until golden brown:  <b>8.</b> Portion: Cut each pan 5 x 5 (25 pieces per pan).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

### Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Bananas	14 oz	1 lb 12 oz

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 3 lb	<b>25 Servings:</b> about 1 quart 2 cups / 1 steam table pan (12" x 10" x 2 1/2")
	<b>50 Servings:</b> about 6 lb	
		<b>50 Servings:</b> about 3 quarts / 2 steam table pans (12" x 10" x 2 1/2")

Nutrients Per Serving					
Calories	142	Saturated Fat	1 g	Iron	
Protein	3 g	Cholesterol	15 mg	Calcium	21 mg
Carbohydrate	25 g	Vitamin A	42 IU	Sodium	135 mg
Total Fat	4 g	Vitamin C	1 mg	Dietary Fiber	2 g